

BREAKFAST SUMMARY

School Year 2013-2014

- Fruit – ½ cup each day
 - No vegetable subgroup requirements
 - Vegetables and fruits may be offered interchangeably
 - No limits on juice
- Grains
 - Half of grains offered = whole grain-rich
 - No requirements to offer meat
 - Meat = a grain or an extra
- Milk – 1% and Fat-Free (2 choices)
- Nutrient standards – Calories, Saturated Fat, and Trans Fat
- Offer versus serve – optional

School Year 2014-2015

- Fruit - 5 cups/week, minimum, 1 cup/day
 - No more than 50% of fruit offerings must be in the form of juice
 - Must plan 2 cups of non-starchy vegetables before starchy
- All grains must be whole grain-rich
- 1st sodium target
- Offer versus serve - reimbursable meals must contain ½ cup of a Fruit or Vegetable